

Holiday Food And Drink That Doesn't Break Your Budget *Cost-Effective Recipes Great For Holiday Entertaining*



(NAPSA)—During the holiday season, time spent around the dining table often makes the best memories. Whether your family's tradition is a bountiful brunch or turkey dinner with a cornucopia of side dishes, food serves as the highlight of holiday celebrations. However enjoyable, entertaining large groups can be costly.

If it's your turn to host a holiday feast this season, there are ways to prepare decadent dishes on a budget and still inspire "oohs" and "aahs" at festive meals. Try these simple tips:

- Visit the deli counter to take advantage of premade side dishes such as potato salads. You'll save on food-preparation time, as well as the cost of multiple ingredients.

- Store-brand items offer budget-friendly and flavor-rich alternatives to their name-brand counterparts. Store-brand canned vegetables and turkeys make a great addition to a holiday meal.

- Encourage guests to bring an item to share, potluck style. You'll enjoy different cooking styles and create minimal costs for each attendee.

- Look in the frozen food aisle for a variety of foods that pack the same nutritional punch at a fraction of the cost, such as frozen concentrated orange juice.

"Budget-conscious consumers who value good nutrition can save by purchasing frozen orange juice," said Gail Rampersaud, MS, RD, of the University of Florida. "A healthful drink on its own or in holiday punch, frozen concentrate orange juice also makes a nutrient-rich and flavorful addition to holiday recipes. It has the same great taste as ready-to-drink orange juice and consuming just 8 ounces is an easy way to get up to 25 percent of your USDA daily recommended fruit and vegetable servings."

For a delicious, budget-friendly holiday meal, try these recipes:

Orange Juice Biscuits

- ¼ cup butter**
- ½ cup frozen concentrated orange juice**
- ½ cup sugar**
- 2 cans biscuits**

In saucepan, mix butter, orange juice and sugar together until melted. In muffin tin, put roughly about 2 tablespoons of mixture in each slot. Place a biscuit on top and cook according to directions on the biscuits can.

Orange Butter

- 1 cup butter**
- ½ cup orange juice**
- ½ cup powdered sugar**

Beat butter until light and fluffy. Then add orange juice and powdered sugar. Mix until well blended.

Holiday Party Punch

- 1 can (6 oz.) of frozen concentrated orange juice**
- 1 can (6 oz.) of frozen concentrated lemonade**
- 7 cups of water**
- 2 cups of lemon-lime soda**
- 4 scoops of pineapple sherbet**
- 2 scoops of vanilla ice cream**

Mix frozen juices with water and choice of soda. Then combine with the pineapple sherbet to get frothy texture. Put in a large party bowl and add vanilla ice cream for a cool topping.

For more easy-to-prepare holiday recipes, visit www.floridajuice.com.